LETTERS@METRO.US

WHY YOUR COLD JUST WON'T GO AWAY {page 13}

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BOSTON
Wednesday, February 1, 2012

'Generation Rx' has massive pill problem

New pill bill limits crimes for overdose victims, requires doctors to monitor prescriptions Officials call new legislation no cure, but a start to save lives {page 05}

SCOTT HALLERAN/GETTY IMAGES

XLVI. Media Day

▶ Patriots fan Nick Lower holds up giant cartoon cutouts with the likenesses of Tom Brady, Rob Gronkowski and Aaron Hernandez during Media Day.

It was all smiles and laughs at Media Day in Indianapolis yesterday as the players and team officials spoke and joked with the press. But in just four days it will be all business on the field for the Super Bowl rematch between the New England Patriots and New York Giants. {page 15}

News

Romney takes Florida, now on to Nevada

Former Mass. gov. now leading race in number of delegates Negative attacks seem to have worked {page 06}

Abdul doesn't have 'X-Factor'

Scherzinger and Jones are out too, which leaves only Reid and Cowell {page 09}

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Hundreds line the street for former mayor's wake

Residents remember Kevin White as 'personable' Politicians say he gave young people great opportunities Mayor remembered as a visionary

PHOTOS: NICOLAUS CZARNECKI/METRO

▶ The mourners waiting in a long line.

▶ Those who came to pay their respects to the former mayor embraced before heading inside.

Clyde Thomas Jr. worked for the city of Boston for 31 years before he finally retired in 2002. Standing in line yesterday with hundreds of mourners on Beacon Hill to pay respect to former Mayor Kevin White, Thomas recalled how the renowned city leader helped launch that career.

"[White] opened the door for me and for a lot of people in Boston," said Thomas. Thomas was hired in the 1970s as an aide to Clarence "Jeep" Jones, the first black Deputy Mayor of Boston, appointed by White.

"Mayor White definitely had an impact on Boston that can still be seen even today," said Thomas.

The line outside White's wake at the Parkman House stretched along the fence of the State House. It was a testament to a man who successfully lead the city out of some of its most tumultuous times.

Quincy resident Ron Iacobucci recalled White as "a great man" that "did a lot for the city."

"He brought the government closer to the people," said Iacobucci, who worked with White for four years as part of the former mayor's "Little City Hall" program.

"He was a great boss," he said.

Norman Herr, 77, also had fond memories of White being personable with the people of Boston.

Herr said he still had a handwritten letter sent from White dating back 40 years.

"He gave you a chance to talk to him," said Herr. "That's just the way he was."

White, 82, passed away Friday in his Beacon Hill home.

STEVE ANNEAR
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Pols pay tribute

BOSTON. Mayor Thomas M. Menino, City Council President Stephen Murphy and former Mayor Ray Flynn were some of the many politicians who attended White's wake at the Parkman House yesterday. They shared their thoughts on one of Boston's longest serving mayors.

"[White] was an incredible visionary and left a legacy we all benefit from. ... If we could all touch one-tenth of the people he has, it would be a life well-lived."
AYANNA PRESSLEY, CITY COUNCILOR

"These are all people, whether they realize it or not, are being part of the great political legacy of Boston. ... We are proud of the role Kevin White played in the building of this extraordinary city we are all so proud of."
RAY FLYNN, FORMER MAYOR

"It speaks to the power of one individual to be able to pull the city together particularly at a time when the city didn't want to pull together."
TITO JACKSON, CITY COUNCILOR

Procession

There will be a procession beginning at 10 a.m. today traveling through Downtown.

- The service will begin on Beacon Street at the Parkman House.
- The path will then cruise through the city, pausing briefly at a statue dedicated to White in front of Faneuil Hall.
- Mourners will then head toward Mt. Vernon Street where there will be another pause at the White family residence.
- The procession will end on Belvidere Street in front of St. Cecilia's Church for a funeral Mass. The public is welcome.

In the news

107

The pitch — in decibels — the shrill sound Green Line trains hit at some MBTA stations around Boston, according to the Boston Herald. The high decibel level can allegedly cause hearing loss, high blood pressure and sleep disorders for those exposed to it for more than three minutes a day, according to the report. The front rows of a rock concert can range from 110 to 120 decibels. METRO

Today's local tweet

"Cool. I'm so glad I have fifteen dollars in gold coins. Thanks, MBTA."

@LOGANJGREEN AFTER GETTING $15 IN SACAGAWEA $1 COINS AT AN MBTA STATION YESTERDAY.

▶ The mayors are ready for the game.

Guns get mayors to put aside rivalry

BOSTON. Bostonians will notice a local face among the controversial, funny and original commercials airing during Sunday's Super Bowl. Mayor Thomas Menino filmed an ad along with New York Mayor Michael Bloomberg, which will run during the big game Sunday. The duo lead the Mayors Against Illegal Guns coalition, which will be featured in the ad. METRO

Gov. makes Super bet

MASSACHUSETTS. Gov. Deval Patrick and New York Gov. Andrew Cuomo announced a "friendly bet" yesterday that will give the winning team a taste of the rival state.

Patrick wagered Centerville pies, Legal Sea Foods clam chowder and cases of all-natural chips. Cuomo wagered cheesecakes, cases of New York-made yogurt and bagels from Ess-a-Bagel in Manhattan.

The loser's wager will be donated to a charity. METRO

Governor's councilor dies

WEST ROXBURY. Governor's Council member Kelly Timilty of West Roxbury, who served under five governors on the panel that vets judicial nominees, died yesterday after a brief illness. Timilty, 49, was first elected to the council in 1994. Gov. Deval Patrick called Timilty "a kind and friendly person who loved public service." SHNS/METRO

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Ducks. Gronked

▶ The "Make Way for Ducklings" statues in the Public Garden are ready for the big game this weekend with their New England Patriots gear.

NICOLAUS CZARNECKI/METRO

Make way for Gronklings in the Garden

Even the Public Garden ducks are pumped up for the Super Bowl. The ducks were dressed in shirts depicting Patriots wide receiver Rob Gronkowski doing his renowned spike. We're hoping the ducks get some Patriots Super Bowl champions shirts next week. METRO

Menino not on track with T cuts, fare hikes

Riders aren't the only ones concerned about steep fare increases and drastic service cuts proposed by the MBTA.

The T's suggestions to ditch ferries, derail the Green Line E trains and cease the Commuter Rail on weekends does not bode well with Mayor Thomas Menino, either.

In a three-page letter delivered to MassDOT Secretary Rich Davey this week, Menino said he favors a gas tax increase or "other revenue options" as an alternative to the two proposals put on the table by the MBTA. State leaders disagree with his gas tax idea.

"The riders should not be forced to shoulder the entire weight of this debt," said Menino. "I am deeply concerned."

While Menino applauded the T's efforts to look for ways to save money, he said he strongly opposed cuts in one scenario recently floated by T officials that would axe more than 100 bus routes, including 33 in Boston neighborhoods.

"Eliminating services would dismantle Boston's transit system and significantly diminish our ability to foster economic growth," he said in the letter.

Menino said he wants to work closely with Gov. Deval Patrick and legislative leaders on MBTA financing solutions to address the long-term fiscal deficit, calling the current options a "one-year Band-Aid."

▶ Murray

"It's my understanding that by summertime we could be spending between $4 and $5 a gallon for gas so adding a tax on top of the gas tax I think is not the way to go, but there needs to be some kind of funding solution."

SENATE PRESIDENT THERESE MURRAY

STEVE ANNEAR
steve.annear@metro.us

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Pill bill aims to treat Mass. drug problem

NICOLAUS CZARNECKI/METRO

▶ Congressman Bill Keating joined with other leaders yesterday to announce new legislation on prescription drug abuse in the state.

Citing a "growing crisis" in the Bay State, politicians and substance-abuse counselors threw their support behind new legislation that aims to reduce prescription drug abuse in Massachusetts.

"It has a devastating effect on people of every socioeconomic background," said Senate President Therese Murray during an announcement of the legislation yesterday.

Leaders are particularly concerned with opiate-related deaths from OxyContin and similar pills.

The legislation, which will be taken up by the Senate tomorrow, would require doctors to register with the state's prescription monitoring program, mandate that hospitals notify parents when a child under 18 years old has been treated for an overdose and grant limited immunity to overdose victims and witnesses from certain drug charges.

Abuse of opiate drugs resulted in more than 23,000 hospitalizations in 2006, according to a 2009 report from the OxyContin and Heroin Commission.

While there is a stigma associated with drug abuse, support groups said it occurs everywhere, regardless of status.

"It doesn't matter where people live, it doesn't matter what their career is or how pretty their house or car is or how much they talk to their kids about drugs," said Joanne Peterson, founder of the Raynham-based support group Learn to Cope.

Norfolk County District Attorney Michael Morrissey said in his county one person dies from an opiate-related drug overdose each week.

Besides the health toll, the problem also has a public safety toll.

Morrissey said his office has traced back house breakins, assaults and robberies to opiate use.

3,265
The number of deaths in Massachusetts between 2002 and 2007 from opiate drug abuse, according to a study by the OxyContin and Heroin Commission.

MICHAEL NAUGHTON
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Developer avoids jail for contributions

The developer of the failed Columbus Center project was ordered to pay thousands of dollars for making illegal campaign contributions.

Arthur Winn, 72, of Brookline was sentenced yesterday in federal court.

A judge ordered Winn to pay a $100,000 fine, but prosecutors were seeking a six-month prison sentence and a $200,000 fine.

Winn made or funneled 96 campaign contributions totaling more than $64,000 over an eight year period, authorities said.

The donations were meant to garner support for his development project, which was meant to be a tower of condominiums, stores and a hotel over Interstate 90 in Boston. METRO

Columbus Center rendering

Pedestrian hit near T stop

A woman was killed early yesterday morning near the Quincy MBTA station as she crossed the Burgin Parkway.

Wendy Chow, 55, was struck by a car around 5:33 a.m., according to the Brockton Enterprise.

Chow was rushed to Quincy Medical Center with serious injuries and was pronounced dead at the hospital.

The driver of the car that hit Chow was a 69-year-old woman from Easton, according to reports.

The incident is under investigation, according to Quincy Police. METRO

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News in brief

Iran stepping up nuke efforts

WASHINGTON. Iran is keeping the option open to develop a nuclear weapon but U.S. intelligence agencies do not know whether it will eventually decided to build one, the U.S. intelligence chief said yesterday.

"We assess Iran is keeping open the option to develop nuclear weapons, in part by developing various nuclear capabilities that better position it to produce such weapons, should it choose to do so," James Clapper said. "We do not know, however, if Iran will eventually decide to build nuclear weapons."

Iran is expanding its uranium enrichment capabilities, which can be used for either civil or weapons purposes, he said.

REUTERS

Google defends privacy changes

WASHINGTON. Planned changes to Google Inc.'s privacy policies that have caught the attention of U.S. lawmakers would not take away the control its customers have over how data is collected and used, the company said in a blog post yesterday.

Google, whose offerings include its flagship search engine, Gmail, YouTube and Google+ products, announced last week that it was unifying 60 of its privacy policies.

When the new policy comes into effect today, information from most Google products will be treated as a single trove of data, which the company could use for targeted advertising.

REUTERS

Fourth year of $1 trillion deficit

WASHINGTON. The United States is headed for a fourth straight year with a $1 trillion-plus budget deficit, congressional forecasters said yesterday, giving ammunition to Republicans to hammer President Barack Obama's spending record in November's elections.

The nonpartisan Congressional Budget Office said the fiscal 2012 deficit would rise to $1.079 trillion from its previous estimate of $973 billion made last August. If Congress extends payroll tax cuts through year-end, as expected, deficits would likely rise by another $100 billion through December.

REUTERS

No surprise in Fla.: Romney the victor

Mitt Romney beat his closest rival Newt Gingrich by a sizable margin in the Florida Republican primary yesterday, taking a big step toward his goal of winning the party's nomination to challenge President Barack Obama in the Nov. 6 election.

Television networks projected Romney as the winner just as the last polls closed in Florida. With 61 percent of the vote counted, Romney had 47 percent of the vote to Gingrich's 31 percent in the largest nominating contest so far this year.

The victory in Florida enabled Romney, the wealthy former Massachusetts governor and private equity firm executive, to rebound from his decisive loss to rival Newt Gingrich in the Jan. 21 South Carolina primary.

The well-funded and well-organized Romney surged in opinion polls in Florida after aggressively pressing Gingrich in two debates and pounding him with negative advertising.

The Florida primary was the fourth in the series of state-by-state contests to pick the Republican nominee to face Obama. Romney has triumphed in two of the first four contests, having also won in New Hampshire and coming in second in Iowa and South Carolina.

The next contest is the Nevada caucuses on Saturday, followed next Tuesday by caucuses in Colorado and Minnesota and a primary in Missouri.

The win demonstrated Romney's ability to compete strongly in a major political battleground state with a broad voter base that includes a diverse electorate including Tea Party conservatives, evangelical Christians and Cuban-Americans. **REUTERS**

EMMANUEL DUNAND/AFP/GETTY IMAGES

▶ Mitt Romney's front-runner status has been cemented.

"[Romney's] a businessman. He knows how to make money. If he makes promises, he'll keep them."
FRANK LOBUE, VOTER

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Morgan Dollars	$12,000
Peace Dollars	$6,000
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Barber Dimes	$30,000
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Unusual Function	$40,000	Gruen	$1,200
Unusual Shape	$11,000	Hamilton	$250
Chiming	$120,000	Illinois	$1,500
Chronograph	$17,000	Movado	$2,500
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One of the big stories this campaign season has been the monumental effect of super PACs on electoral outcomes. These organizations have in recent months taken a firm grip of the national narrative, utilizing their supposed disconnect from campaigns to push an increasingly negative tilt. In honor of last night's filing deadline for year-end campaign reports, we present some of the more interesting super PAC facts.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Your super PAC FAQ

Follow the money

$1,142

Texas governor and former presidential candidate Rick Perry spent more than $1,000 per vote.

71%

Nearly three-fourths of all political contributions to Our Destiny PAC, the super PAC backing failed candidate Jon Huntsman, came from Huntsman's billionaire father. For those doing the math, that's $1.9 million of fatherly love.

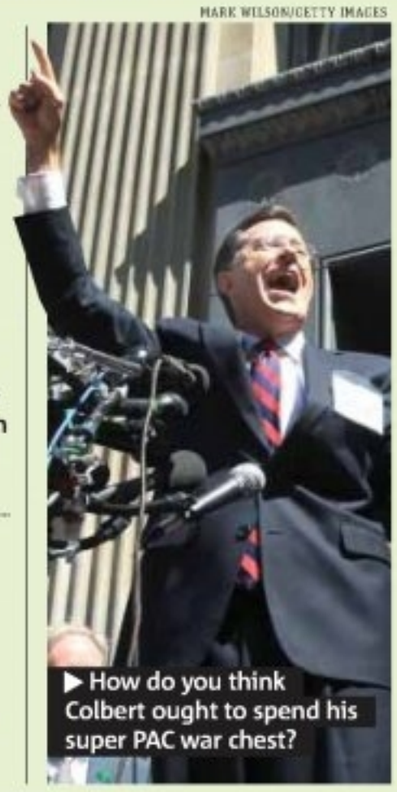
$10M

Newt Gingrich, meanwhile, has something even better than a filthy rich father: A filthy rich casino mogul! The Newt-backing Winning Our Future PAC has so far received $10 million from Sheldon Adelson and his wife, Miriam, which stands among the largest-ever campaign donations.

$1M+

The super PAC of TV satirist Stephen Colbert has raised more than $1 million from a range of donors including Pat Magroin, Ibin Yerkinoff and Frumunda Mabalz.

MARK WILSON/GETTY IMAGES



▶ How do you think Colbert ought to spend his super PAC war chest?

$15.3M

Romney and his Restore Our Future super PAC have spent vast sums in Florida in the past month. As a point of comparison, John McCain spent $11 million on ads in the entire 2008 Republican primary race.

92%

Super PAC funds tainted the airwaves in Florida: Nearly all of this year's primary ads in the state were negative.

$51M

American Crossroads, the Karl Rove-led super PAC, raised $51 million in 2011 to be put toward defeating Obama in November.

GET FED

Because sometimes you only need to skim the headlines:

- "Bachmann raised little in campaign" **POLITICO**
- "Romney: We Played Fair in Florida!" **DAILY BEAST**
- "Newt Gingrich Robocall: Mitt Romney Forced Holocaust Survivors To Eat Non-Kosher Food" **THE HUFFINGTON POST**
- "The Caucus: Gingrich Sued Over Use of 'Eye of the Tiger'" **NYTIMES**
- Super PACs Now Dominate GOP Primary Campaign Spending" **MOTHER JONES**
- "How Mitt Romney stole Newt Gingrich's voice" **SLATE MAGAZINE**
- "Sarah Palin PAC fundraising craters" **POLITICO.COM**
- "Why Newt Will Have A Hard Time Being 2012's Hillary" **TPM2012**
- "PayPal co-founders fund pro-Paul Super PAC" **REUTERS**

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

– Dorothy Robinson will return on Feb. 7

Welcome back, Lindsay Lohan!

PHOTOS: GETTY IMAGES

▶ Right back at you, Lindsay.

It's been a slow week here. Maybe everyone's playing nice and dressing demurely for awards season. Or maybe they're holed up in faraway tropical lands that don't grant visas to mortals. Either way — if a tipsy starlet falls in a bar and no one is there to hear it, we're still bored.

But then, **Lindsay Lohan** went outside and it was good.

Although she was only drinking water in the lounge — give it up Lohan, the Academy isn't watching — she did seem to be enjoying something at Chateau Marmont, reports RadarOnline. "Lindsay was spotted going to the restroom with a male companion on numerous occasions in a short amount of time," a source tells the site, who adds that her eyes looked glassy. "When the two emerged from the bathroom, Lindsay was giggling."

Linds, we really don't care what was going on in that bathroom. It's just good to have you back, babe.

Really, she just has to sing ...

It looks like **Madonna** has the Super Bowl halftime show confused with those moments before **Bill Pullman** declares intergalactic war in "Independence Day."

"Oh my god, I'm so nervous. You have no idea," she tells **Anderson Cooper** during an interview. "First of all, it's the Super Bowl. The Super Bowl is kind of like the holiest of holy in America. I'm going to come in halfway between the church experience and I'm going to have to deliver a sermon that's going to have to be very impactful."

And she liked it

We suspect that most people who would enjoy watching **Ashley Greene** and **Olivia Wilde** make out won't be seeing their new film together, "Butter." (It also stars **Jennifer Garner** and tells the story of a small-town butter-carving contest.) But make out in it they do, and so we present you with this quote from Greene's interview with Lucky magazine. You're welcome:

"It wasn't that awkward. It's the same idea as having to kiss a male co-star, and it's not real. Olivia is such a cool chick and very professional.

▶ Wilde, left, and Greene

So we were just messing around and cracking up in between scenes, and it ended up being really fun."

Talking points

High turnover on 'X-Factor'

First it was announced that **Steve Jones** won't be returning as host of the U.S. edition of "The X-Factor," and now Entertainment Weekly reports that judges **Paula Abdul** and **Nicole Scherzinger** are out as well, leaving **L.A. Reid** and executive producer **Simon Cowell** as the only judges from the first season to stick around. A U.K. rep for Cowell pled ignorance of the staffing changes: "This happens after every show or series," he said. "No decisions have been made that I am aware of."

▶ Nicole Scherzinger, left, and Paula Abdul got the X.

Saldana and Cooper cuddle up

Bradley Cooper and **Zoe Saldana** reportedly weren't trying to keep their rumored romance under wraps while in Utah for the Sundance Film Festival, according to People magazine. Festival guests spotted the pair getting cozy at a party for "The Words," their new film together. "They were kissing in front of the fire and being very affectionate," a source says. "They are definitely very together. They were like two seventh-graders. The electricity was out of this world."

Moore's illness a shock

News of **Demi Moore**'s recent drug-related hospitalization came as a shock to a lot of people — including the producers of the upcoming film "Lovelace," in which Moore was set to star as **Gloria Steinam**. "It was a shock and concern for all of us," producer **Heidi Jo Markel** says, according to Hollyscoop. "We got a call from [Moore's representative] on Tuesday morning and said, 'There's been a personal crisis and we need to let you know that.' And we were clueless. We had no idea what it entailed. We just knew she was out, that there was probably a health concern, and to move on." Moore's part will now reportedly be played by **Sarah Jessica Parker**.

Jolie to Brad: Zip it

After a spate of interviews in which he discussed marrying **Angelina Jolie** at their children's wishes, **Brad Pitt** is tempering his words a bit more. People magazine checked in with the couple about the wedding talk, of which Jolie say, "I think anything said tends to be blown out of proportion." A sheepish Pitt agrees: "Just a little," he says. "Yeah, that was my fault."

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Edgar Wright isn't feeling terribly manly, Jamie Bell could use some sunshine, Lady Gaga is feeling a bit jittery and Seth MacFarlane is ruining things for teenage girls everywhere.

@edgarwright
Thoroughly enjoyed 'The Grey'. Manliest film since John Carpenter's 'The Thing'. If I was in it, I would have died in the first 15 minutes.

@1jamiebell
My sunglasses stare at me with that look of neglect and abandonment. #inscotland

@ladygaga
Haus meeting. Holy mother of coffee. I might need a valium today. Or maybe a tranquilizer meant for a small bunny.

@SethMacFarlane
I feel like Newt Gingrich is what Justin Bieber will look like old.

Edgar Wright

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Lights, camera ...

Gone are the days when celebrities regularly puffed away during takes and interviews. But while rare, some still don't mind lighting up in front of the camera.

1: Prop or bad habit? **Lady Gaga** works a cigarette into her costume.

2: Danny Trejo letting it all (and then some) hang out in Venice.

3: According to our photo service informants, **Dennis Rodman** is smoking a cigar here. We'll take their word for it.

4: We have never before been jealous of a cigarette. **Robert Pattinson**, never shower.

5: Dave Attell helped himself to a smoke onstage earlier this month — but we doubt it was a problem at the Adult Video News Awards Show.

6: There were more than a couple shots of **Snoop** to choose from.

7: Do you want to suggest quitting to **Sean Penn**? Yeah, we don't either.

8: Katherine Heigl apparently is a little bit more careful with her health. The actress was spotted leaving ABC's studio puffing on a SmokeStik electronic cigarette after promoting her new movie "One for the Money" on "The View" in New York City.

1: MARC PIASECKI/WIREIMAGE
2: GARETH CATTERMOLE/GETTY IMAGES
3: ANGELA WEISS/WIREIMAGE
4: JAMES DEVANEY/WIREIMAGE
5: ETHAN MILLER/GETTY IMAGES
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TV watch list

'Royal Pains'

COMEDY. We're reminded why it's not such a bad thing to check in with the docs of HankMed tonight when JoAnna Garcia begins her guest arc as a kidney specialist.
10 p.m., USA

'Super Bowl's Greatest Commercials 2012'

SPECIAL. Yes, this is an entire hour of commercials — with commercial breaks!
8 p.m., CBS

'Face Off'

REALITY. The makeup competition may turn into a therapy session when the contestants visit an abandoned hospital and are tasked with creating a unique horror villain based on a phobia.
10 p.m., Syfy

AMBER RAY

'God' works in mysterious ways

- The Huntington performs 'Carnage' perfectly
- But the play isn't up to the company's standards

Laughter abounds in the Huntington Theatre Company's current production "God of Carnage," but it's nothing that hasn't been seen before. When done well, four loathsome narcissistic New Yorkers wreaking havoc is always entertaining.

Playwright Yasmina Reza (translated by Christopher Hampton) has gifted her "Carnage" characters with gems like "f— the hamster" and "puking seems to have perked you up." What makes it better is that the ensemble delivers the witty repartee with great flair and impeccable timing.

Christy Pusz's nauseatingly authentic vomiting on cue is an impressive theatrical feat, but it's probably the only thing you'll remember about this light piece of social satire after the curtain comes down. Brooks Ashmanskas returns to the Huntington stage with a solid performance as her character's husband, an irritating attorney with a cell phone attached to his ear.

As their foes, Johanna Day and Stephen Bogardus both deliver top-notch comic performances that include a riotous cleanup of the aforementioned vomit. Unfortunately, it's the play and not the players that render it forgettable.

Plot points

- Two upscale couples meet to discuss a playground battle between their 11-year-old sons that left one of them missing two teeth. All of the sophistication these couples brought to the gentrified Brooklyn neighborhood of Cobble Hill flies out the window as tempers flare, truths are revealed and little gets resolved.

▶ From left, Bogardus, Ashmanskas, Pusz and Day.

T. CHARLES ERICKSON

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2/11	Jay Peak	3/10	Stowe
2/12	Stowe	3/11	Sunday River
2/12	Mount Snow●●	3/11	Mount Snow●●
2/17-20	Montreal	3/17	Sunday River
2/18	Sunday River	3/18	Killington
2/19	Jay Peak	3/21	Mount Snow●
2/22	Mount Snow●	3/23-25	Lake Placid
2/24-26	Sugarloaf	3/24	Jay Peak
2/25	Stowe	3/25	Stowe
2/26	Sunday River	3/31	Stratton

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The gear

1. Who said all Uggs have to come in that classic duck-bill shape? The Edmonton is not only handsome and waterproof, it's got that supersoft sheepskin lining that made us first fall in love with the brand.
2. Sometimes even when it's snowing you have to look cute. These booties have rubber soles and are lined in shearling to keep you warm — and four inches taller.
3. Stand out from the sea of plastic rain boots and school the streets with Tretorn's new part-boot, part-sneaker creation. The Sherpa lining and breathable insole keep you comfy and dry while bright laces keep your cred in check.
4. This option is a no-brainer: The superinsulated, waterproof boot — made with leather over Neo-Tech — will keep your feet toasty even in subzero conditions. But really, they had us with the cool equestrian design.

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How to get more energy

In nature, winter is a time to rest and gather resources to spur spring's new growth. But even when we really need rest, our world doesn't give pause for that. So, we reach for that extra cup of coffee to keep going. While there's nothing wrong with a cup of joe to lift mood and kick-start activity, in time all that java can do more harm than good. Too much caffeine — including from coffees, teas and sodas — can cause dehydration, insomnia, irritability and other mood disorders. Here are three tips to combat energy slumps naturally.

PIXLAND

▶ Hit another 3 p.m. slump? Try taking a walk or having a snack.

Take a nap

If you're lucky enough to take a midday break, by all means, take it. "It might sound odd, but napping increases productivity," says Gene Stone, author of "Forks Over Knives: The Plant-Based Way to Health." "A 20-minute nap can boost energy levels, especially if you don't sleep well. We need seven to eight hours of sleep in a 24-hour cycle, but it doesn't have to be all at once."

Take a walk

Dave Larson, MSPT (Master of Science in Physical Therapy), co-owner of Boston-based Joint Ventures Physical Therapy and Fitness, says, "A brisk walk increases your heart rate and cardiac output, which results in more oxygenated blood going to your muscles. This improves the muscles' efficiency. The current research is clear: A regular exercise program [improves] your energy levels." A quick walk can get you going.

Take mini meals

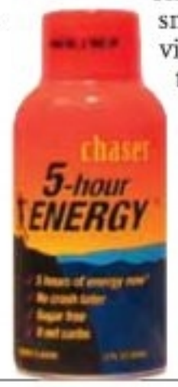
Step away from the Snickers, which might tide you over for a bit but will send you crashing soon after. "Treat snacking as a miniature meal," says Adam Korzun, high-performance dietitian for the U.S. Ski and Snowboard Association. "Often we let ourselves get too hungry and end up searching for the first thing in sight, which most often is a bad choice. Miniature meals every three to four hours should contain carbohydrates, protein and good fats. A balance of protein and carbs helps your body more efficiently use fat for energy."

LINDA CLARKE
letters@metro.us

Is the occasional 5-hour Energy ever OK?

It's all over the TV ads as an energy-booster, but is 5-hour Energy effective, or even safe? Dr. Luis Gruberg, MD, of Stony Brook School of Medicine, breaks it down:

"5-hour Energy contains mainly small amounts of vitamins and 207 milligrams of caffeine — that's 15 percent more than the 180 milligrams of caffeine found in an 8-ounce cup of Starbucks Bold. Red Bull contains only 80 milligrams per can. The energy boost comes from the caffeine and not from the small amount of vitamins or amino acids that are advertised. ... Claims about energy drinks have been that they fight fatigue, stimulate the mind and diminish pain. However, [none of] these claims [have been proven] in proper scientific studies."



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Letters

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Mitt management doesn't bode well

RE: "IF OBAMA WAS A PORTFOLIO MANAGER, HE WOULD BE FIRED!": Mr. Arslanian confuses private-sector business practices for government policy, which are not interchangable. Romney's work at Bain, while arguably legal, was done strictly to enrich a small group of investors at the expense of employees' jobs; government's investments are targeted to serve the country as a whole, ideally creating new jobs and improving the national economy. Such investments don't always work, but at least they're trying harder than Romney ever did. **JOSEPH CONNELL, VIA E-MAIL**

Republican primary season has revealed Mitt Romney to be a pretentious, selfish phony. He and his children never served in the military; by virtue of his low tax rate, he didn't even support America in a time of war, while us working-class stiffs picked up the bill. He destroyed companies while making money at the cost of U.S. workers. November is gonna be a cake walk for Obama — who lives in a real world, not glossy fictional images devoid of reality. **DAVID DIBELLO, VIA E-MAIL**

"Ron Paul sits at the top of the least-corruptible list."

RE: "ARE THE DEMOCRATS AS CORRUPT AS GOP?": Yes, Democrats are just as corrupt as the GOP. I am in no way defending Republicans. Instead of rattling off a list of who is more corrupt, why don't we make it a list of who's the least corrupt? This list will undoubtedly be shorter. Ron Paul sits at the top of the least-corruptible list. He has never voted to raise taxes, never met with lobbyists, never taken a government-paid junket and follows the Constitution. Dennis Kucinich, a Democrat, comes in a distant second due to his honesty. I'll take either over a slick-talking liar like Obama or Romney. **KELLY DONNOE, VIA E-MAIL**

Fox is journalism; MSNBC, racialism

RE: "ONE IS NEWS, THE OTHER IS OPINION": Yes, there is a big difference between Fox News and MSNBC. Fox has journalists; MSNBC has Al Sharpton: a no-talent left-wing hack who plays the race card at every possible instance. **CALVIN FULLER, VIA E-MAIL**

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Horoscope

Aquarius **Jan. 20-Feb. 19.** Be careful, because someone with whom you'll be involved might not be playing by the rules.

Pisces **Feb. 20-March 20.** A failure to select companions who are equally as enthusiastic about life as you are could put too many restrictions on everything you attempt to do and limit your initiative.

Aries **March 21-April 19.** If you want to perform effectively, you'll need to be systematic in all you do.

Taurus **April 20-May 20.** If you have a bad time, it won't be because you're not sociable, but because of the group with which you're aligned.

Gemini **May 21-June 20.** When you utilize your friendliness and charm, situations in which you become involved will turn out to be fun and successful.

Cancer **June 21-July 22.** As long as friends are in accord with your views and opinions, you'll be amicable and fun to be around.

Leo **July 23-Aug. 22.** The disadvantages of a collective endeavor in which you're involved could bring down the whole ship.

Virgo **Aug. 23-Sept. 22.** It might not be entirely the fault of others if you have problems dealing on a one-on-one basis with people.

Libra **Sept. 23-Oct. 23.** Attend first thing, while you are fresh, to all the jobs and responsibilities that must get done.

Scorpio **Oct. 24-Nov. 22.** Again you could find yourself in a similar social situation that you didn't handle too well previously.

Sagittarius **Nov. 23-Dec. 21.** Although you are extremely capable of holding your own in testy circumstances, you might insist on seeing yourself as the underdog.

Capricorn **Dec. 22-Jan. 19.** Be on guard when participating in an activity that has competitive elements. Unfortunately, there's a chance that you could go up against someone who can't handle losing.

BERNICE BEDE OSOL

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15 Frankenstein's gofer
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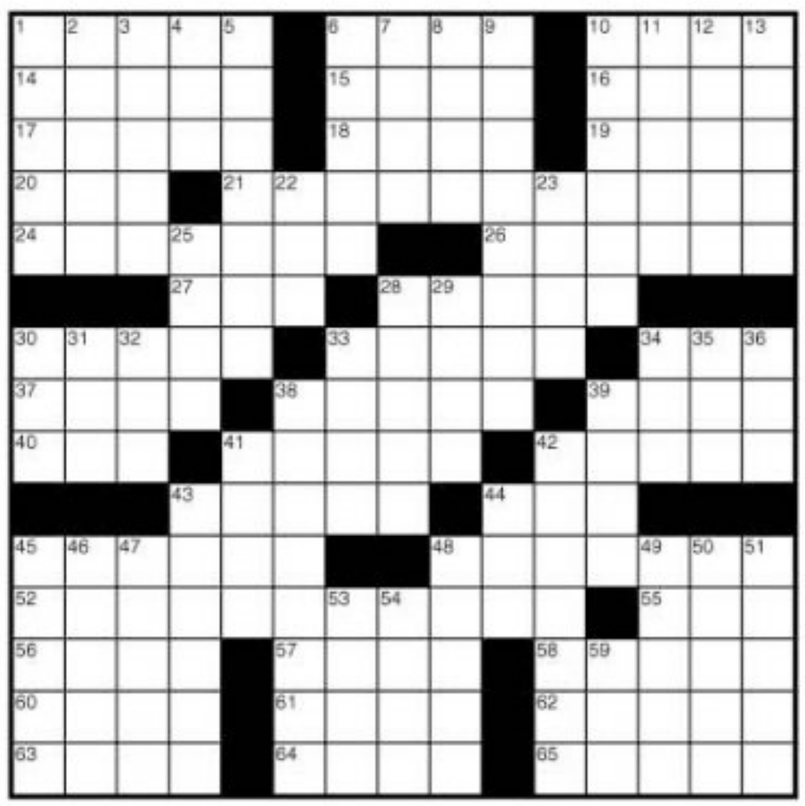
26 Would rather
27 1040 org.
28 More winsome
30 First and third
33 Orchestra member
34 Monastery dweller
37 Mongolia's __ Bator
38 Pretty, in Perth
39 Gaudy
40 Navy noncom
41 Alluvial fan
42 Vetoes
43 Pita sandwiches
44 Hip-hop music
45 Moose feature
48 Vibrissa
52 Savvy person (2 wds.)
55 "Mogambo" star
56 Declare solemnly
57 Livy's route
58 Stares open-mouthed
60 Horse hair
61 Protein sources
62 Seize the throne
63 Got by
64 Biting fly
65 Spruce

Down
1 Voodoo
2 Kind of helmet
3 Vice __
4 Mr. Fleming
5 Panaceas
6 Not stiff
7 Lab medium
8 A little, to Liszt
9 Soon
10 Less long-winded
11 Standoffish
12 Magnet for a moth
13 More docile
22 Vaccine amts.
23 Hydrox rival
25 Legal claim
28 Bronze coins
29 Arm bone
30 NFC gridder, abbr.
31 Jungfrau
32 __ Paulo, Brazil
33 Wyo. neighbor
34 Hound's quarry
35 Wish undone
36 Classifieds
38 Fruit-gathering expedition
39 Gloss target
41 Recolored
42 Carpenter's tool (2 wds.)
43 Shimmered
44 Letter after pi
45 Make ___ for oneself
46 Kim of "Vertigo"
47 Carnivore's delight (hyph.)
48 Least good
49 On the blink
50 Turn inside out
51 Hoarse
53 Phaser setting
54 Greek-salad cheese
59 Film speed no.



1			6	4		2	9	
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	8		9		4	3		
	5			1			2	
		4	5		2		8	
3					9			
			4			7	1	
	6	8		7	3			2

SUDOKU **LEVEL: EASY**

		2	9		5			
				6		1		3
	6					7	2	
	2	6	5	1	3	4		
		8	6	2	9	5	1	
	8	7					4	
5		1		4				
			7		1	8		

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Pats' secret weapon or the Super bust?

The skinny on Chad Ochocinco's wild ride to playing in the biggest game on the NFL calendar Hasn't been distraction, but play has suffered

GETTY IMAGES

▶ Patriots wide receiver Chad Ochocinco meets with the media in Indianapolis yesterday.

Chad Ochocinco is no stranger to Super Bowl week. He's covered it through his own network — the Ochocinco News Network — for a couple years.

That was the old Chad — the one who caught a lot of balls, talked a lot of trash, and lost a lot of games.

Now, he's back at the Super Bowl, but for the first time in his career, he's not asking the questions (Maurice Jones-Drew has this year's honors for OCNN), he's answering them.

He's also not producing the way most people thought he would when the Patriots traded for him prior to the start of the season. But give Ochocinco credit for one thing — he's had the right attitude about it.

"The winning experience is always great," he said at Super Bowl Media Day yesterday in Indianapolis. "Whether you have a big role, small role or no role at all, that's awesome. Everything this year is something that I've never been used to, and what I've had this year is something I can grow accustomed to."

On the season, Ochocinco had just 15 receptions for 276 yards and one touchdown. He was supposed to be the third receiver that would open up the field, but that wasn't really the case, as he went numerous games without making a single catch.

But in the end, Ochocinco didn't beg to play for the Pats to be the featured wideout. He wanted a chance to win a Super Bowl. And he's never been closer.

"I'd rather be right here," Ochocinco said. "I've already put up all the numbers. I've already done that. One of the things that I was really happy about was that this is one of the few times, or really the only time, that I won't be home at the Martin Luther King parade because I'm always home the first week of January. It's so much bigger than what everybody else is thinking about."

Asked whether or not he thinks he'll have a bigger role with an injured Rob Gronkowski, Ochocinco took the high road. But tight end Aaron Hernandez knows how huge "Gronk" is to the offense, and those shoes will be hard to fill if it comes down to that.

"[Gronkowski's] one of, basically the main reason why we succeed so well in this offense," Hernandez said. "He's such a huge weapon and causes so many mismatches it makes it hard for defenses to focus on one player. Obviously if he's 100 percent, that's what we need."

JIMMY TOSCANO
sports@metro.us

Ocho-stinko

- **Chad Ochocinco** had just 15 receptions in 2011, the lowest of his career. In his rookie season in 2001, the then-Chad Johnson hauled in 28 balls.
- **Prime years** In just his second season, Ochocinco caught 69 balls for 1,166 yards. It was the first of six straight 1,000-yard receiving seasons for No. 85.
- **The college years** Ochocinco played at Oregon State and was a relatively little-known commodity before being drafted in the early second-round of the NFL draft.

▶ Eli Manning

Eli takes bro over Brady

When asked about the status of his brother, Indianapolis Colts quarterback Peyton Manning, Eli Manning had this take:

"Peyton has had an unbelievable career and in my opinion is the best I've ever seen play football," Eli said. "My goal is to get to his level of play. That's something I've worked on."

Sandusky to learn names of accusers

Former Penn State assistant football coach Jerry Sandusky will receive the names of 10 of his alleged victims this week.

The process would avoid disclosure through public court records, according to ESPN.

The 68-year-old Sandusky is awaiting trial on charges that he committed abuse against 10 boys over a 15-year period, including incidents on Penn State property.

Sandusky and his lawyer have denied the allegations. METRO

3

Quoted

"Matt Light, please get well soon. I hope to see you on Sunday. You are one of my greatest friends."

GIANTS D-LINEMAN OSI UMENYIORA DRIPPING WITH SARCASM WHEN TALKING ABOUT PATRIOTS TACKLE MATT LIGHT'S STOMACH ILLNESS

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The 2011 New York Giants roster is littered with players who got their start in Massachusetts.

The most notable member of the group is linebacker Mark Herzlich, who seemed destined to be a first-round selection in the NFL draft while he was the (painted) face of the Boston College football program.

But following his junior season, the linebacker with the nonstop motor was diagnosed with Ewing's sarcoma (a form of bone cancer). His recovery was arduous but he returned to play out his senior season at BC after sitting out the entire 2009 season. Though his skills were diminished, he felt as though he would be selected in the 2011 NFL draft.

Through seven rounds, however, not one NFL team bet on Herzlich.

As soon as the NFL lockout ended, however, Herzlich got the call from the Giants. He not only ended up making the team, but he posted 12 tackles on the year for the NFC champions and started in a Week 11 game against the Eagles.

It's been a reflective week for the former Boston College star but he is looking forward to game action in Sunday's Super Bowl.

"2 yrs ago I was told I might never walk again," Herzlich tweeted this week. "Just WALKED off plane in Indy to play in The #SuperBowl #TakeThatSh—Cancer."

GETTY IMAGES

▶ Former Boston College linebacker Mark Herzlich beat cancer and will play in Sunday's Super Bowl against the Patriots.

MATT BURKE
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Super links

A look at Giants players with ties to the commonwealth:

- **Boston College** has become a feeder system for Big Blue as return man Will Blackmon, linebacker Mark Herzlich, linebacker Mathias Kiwanuka, guard Chris Snee and head coach Tom Coughlin all saw time at The Heights.
- **Cruz-in USA** Wide receiver Victor Cruz had a breakout season for the Giants in 2011 and got his start at UMass-Amherst.
- **Family tree** Linebacker and long snapper Zak DeOssie is from North Andover and his father, Steve, played with the Giants and Pats in the NFL.

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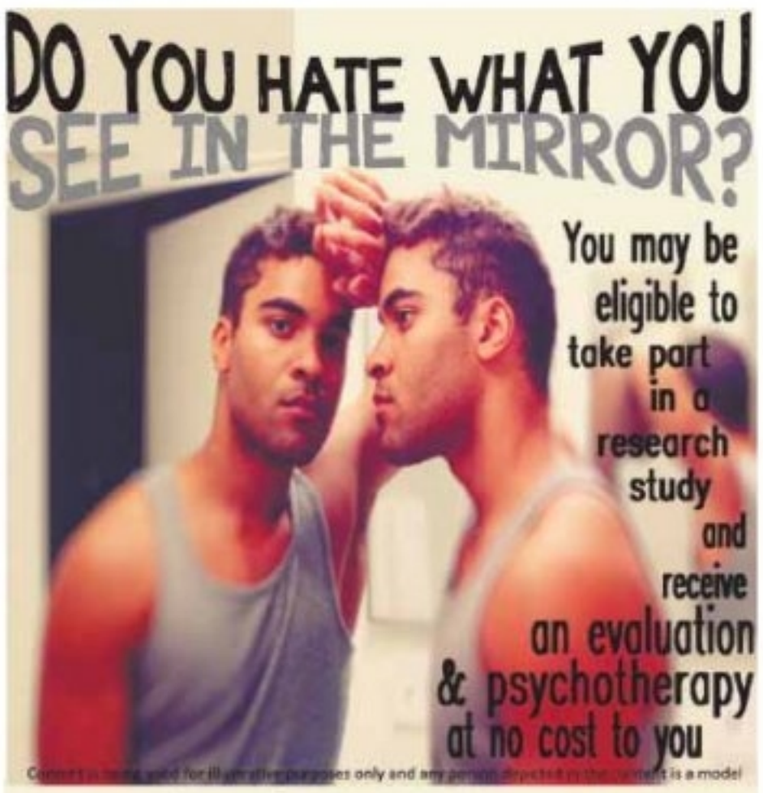
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SEEING THE LIGHT

- The first phase of the Energy Independence and Security Act's ban on incandescent light bulbs began this month
- The good news about CFL and LED alternatives

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GOT AN OPINION? SEND US YOUR THOUGHTS

There are two ways that you can handle the federal government's phase-out of traditional incandescent light bulbs: You can stockpile them in fear of the forthcoming lighting apocalypse, or you can learn to embrace the more energy-efficient CFL and LED bulbs.

If you're entertaining option two — or simple don't have the closet space to build up reserves — the good news is that today's energy-efficient bulbs aren't the harsh, unnatural mood-killers you might remember.

"When these bulbs first came out and Americans were just trying to save energy, they were crappy — they did blink, they did look blue," says Maxwell Gillingham-Ryan, founder of design website ApartmentTherapy.com. "But these companies realized if they were going to sell light bulbs to Home Depot or Ikea, they had to improve. If you want a warmer light, if you want a brighter light, if you want a softer light — they've figured it out."

ZOONAR

▶ Let there be LED light.

What's more, the lighter, brighter LED bulbs lend themselves to lighting schemes that are impossible with incandescents. "When we get more into this, what's really going to excite us is what we can do with LEDs, not the money or the energy that we're saving. You can recess them, you can put them around corners — because the bulbs are so small, the design that carries them doesn't need to be bulbous or carry a lot of weight."

Quoted

If you want a warmer light, if you want a brighter light, if you want a softer light — they've figured it out." GILLINGHAM-RYAN

MONICA WEYMOUTH
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SOURCE: APARTMENT THERAPY

The breakdown

They look nice, but CFLs and LEDs will also save you money in the long run.

Incandescent
Initial cost: $.50
Lasts: One year
Energy cost over six years: $72.30

CFL bulbs
Initial cost: $3
Lasts: Six years
Energy cost over six years: $16.62

LED bulbs
Initial cost: $20-$40
Lasts: 25-30 years
Energy cost over six years: $5

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HUB RIPE FOR REAL ESTATE REBOUND?

Some national officials are saying so, but local realtors are cautiously optimistic

The past few years have been great for homebuyers, but now it's time for sellers to hear some positive news. MSNBC published a report this month identifying Boston as being ripe for a real estate rebound. Local realtors seem in agreement, but with some caution.

"We agree with what I think is a premise," says Kevin J. Ahearn, president of Otis & Ahearn, which mostly operates within downtown Boston and neighboring areas such as Charlestown and the South End. "The downtown condominium market is a contrarian market to national and [suburban] single-family markets. Prices held for the most part, even as sales activity slowed down from prior peak periods."

"Most Greater Boston areas are bottomed out," says Wendy Rocca of Keller Williams, Newton, who mostly works in the suburban market. "In some areas we are seeing multiple offers if the property is priced right. Belmont, Watertown, and Newton are just some of the areas that are very active. I would say, outside of [Route] 495 is a bit behind us. They have more inventory."

As a rule of thumb, the further into the Back Bay, the lower the inventory and the tighter the market. Wealthier buyers untouched by the financial crunch kept the Back Bay market afloat, even during the recession.

"Inventory downtown has dropped," says Ahearn. "Prices are going up very soon and maybe dramatically."

Rocca agrees. "Properties are snatched up if they show well. Of course, there are some pockets that are still a bit stagnant, but in general Boston is back."

LINDA LABAN
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The right stuff

Forbes at MSNBC.com's report cited Boston as having the right ingredients for a real estate market revival. Low unemployment was a big factor. "The New England hub has a low 5.7 percent unemployment rate thanks to the presence of more than 100 universities and colleges in the metro area and a variety of biotech and financial services companies," said the article.

In the news

ISTOCK

US home prices drop for third consecutive month

U.S. home prices declined for a third straight month in nearly all cities tracked by Standard & Poor's/Case-Shiller home price index, according to figures released yesterday, an indication that most homeowners are not seeing the benefits from some signs of an improving housing market.

"Despite continued low interest rates and better real [Gross Domestic Product] growth in the fourth quarter, home prices continue to fall. Weakness was seen as 19 of 20 cities saw average home prices decline in November over October," said David Blitzer, chairman of the index committee at S&P Indices. KATHERINE CLARKE

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PROVIDING FOR CHILDREN AND PETS IN A WILL

By Attorney George Warshaw

Last week I wrote about the basics in preparing a Will.

Now, what about providing for your children and pets?

Pets are simpler to plan. Most people, however, in preparing a Will overlook them completely. That's not the way to reward your devoted companion!

At a minimum, it's important to list several choices as your pet's future caretaker, since your first choice may not be available then or in the future. And don't forget to provide some money for your pet's future care.

Children are more complicated. There are three issues: guardianship, funding and planning their future.

Who will raise your children – and who are your first and second choices as substitute parents (i.e. guardians)?

Secondly, where will the money come from to help raise them, and do you want to provide economic incentives to encourage their personal growth and development?

This is part of your core planning.

I'm a believer in creating separate trusts for children and pets that provide for their future needs. A stand-alone children's trust is a great planning opportunity that can better assure their education and future.

Next week, more on trusts for children and how you can accomplish specific goals.

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George Warshaw is a real estate and estate planning attorney in Massachusetts. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts for individuals and families. George welcomes new clients and questions at metro@warshawlaw.com.

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Legend: The rate and annual percentage rate (APR) are effective as of 1/30/12. © 2012 Bankrate, Inc. http://www.interest.com. The APR may increase after consummation and may vary. Payments do not include amounts for taxes and insurance. The fees set forth for each advertisement above may be charged to open the plan. (A) Mortgage Banker, (B) Mortgage Broker, (C) Bank, (D) S & L, (E) Credit Union, (BA) indicates Licensed Mortgage Banker, NYS Banking Dept., (BR) indicates Registered Mortgage Broker, NYS Banking Dept., (loans arranged through third parties). "Call for Rates" means actual rates were not available at press time. All rates are quoted on a minimum FICO score of 700. Conventional loans are based on loan amounts of $165,000. Jumbo loans are based on loan amounts of $435,000. Points quoted include discount and/or origination. Lock Days: 30-60. Annual percentage rates (APRs) are based on fully indexed rates for adjustable rate mortgages (ARMs). The APR on your specific loan may differ from the sample used. Fees reflect charges relative to the APR. If your down payment is less than 20% of the home's value, you will be subject to private mortgage insurance, or PMI. Bankrate, Inc. does not guarantee the accuracy of the information appearing above or the availability of rates and fees in this table. All rates, fees and other information are subject to change without notice. Bankrate, Inc. does not own any financial institutions. Some or all of the companies appearing in this table pay a fee to appear in this table. If you are seeking a mortgage in excess of $417,000, recent legislation may enable lenders in certain locations to provide rates that are different from those shown in the table above. Sample Repayment Terms – ex. 360 monthly payments of $5.29 per $1,000 borrowed ex. 180 monthly payments of $7.56 per $1,000 borrowed. We recommend that you contact your lender directly to determine what rates may be available to you. **To appear in this table, call 800-509-4636. To report any inaccuracies, call 888-509-4636. • http://metroboston.interest.com**

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